

The Resilient Library Newsletter

March 21, 2021

Volume 6, Issue 3

PLEASE NOTE:

Many of the images and underlined text in this newsletter have hyperlinks to their corresponding websites.

Press Click or Ctrl+click on images and underlined text to be directed to those websites.

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15 People Share the Silver Linings They Found Amid a Pandemic

From [Reader's Digest](#)

This year, many of us have new appreciation for life's simpler joys.

Content at home

I think for so many, the silver lining should be a simple message, that happiness is found at home and from within. I'm thankful for all the traveling my spouse and I got to do in our 45 years together. We saw so many countries and met interesting people. But we never knew the contentment we had right here. Dusting off the Scrabble board we'd bought in '75 and taking it out on the back screened-in porch was so enjoyable—with the bonus of seeing and hearing all the birds chirping! —*Margaret Waggoner Milton, Florida*. These [\[click online link\] uplifting stories of neighbors helping each other during the pandemic](#) will inspire you to do the same.

Pen pals

My daughter told me that people in nursing homes and assisted living centers were looking for pen pals to help them combat the loneliness brought on by the COVID-19 pandemic. I have always loved to write and receive letters, but a handwritten letter has become a rarity. So I jumped on the opportunity to resurrect this passion of mine. Initially, I sent out three letters to three assisted living facilities in three states. I

received one reply from a wonderful man who lives in New Hampshire. So far we have exchanged three letters, and I have made a new friend. —*E.S. via rd.com*

Saving up

Because of quarantine measures, I no longer run as many errands, and our yearly vacations were canceled. No more pit-stopping at various stores. The result was a bigger wallet and fewer things. I ended up saving (and still am) so much more money because I'm not spending sporadically, and I'm not buying things that we don't need. If I keep this up, I'll be able to pay off my car in another year, instead of three. —*Angela Eckhart Danielsville, Pennsylvania*

A baby and engagement

As the pandemic started out, our family had the same concerns as anyone, but on Easter Sunday our daughter and son-in-law announced they were expecting a baby in December. This is our first grandchild, and we were elated. The next few months, our thoughts turned toward our little hope for the future. Each day seemed brighter! Fast-forward to July 5, when our son announced that he and his girlfriend had just gotten engaged. More hope for the future!

Continued on page 2

My family has truly been blessed. God is present. God is powerful. God is good. Even in a pandemic. —*K.G. Branchville, New Jersey*. Coronavirus [click online link] [canceled this couple's wedding until a good Samaritan stepped in.](#)

Morning runs

I have rediscovered the love of running outside early in the morning. I had abandoned running outdoors for the convenience and relatively hassle-free experience of running on a machine. Inevitably, the TV was tuned to news channels. Every day, after auto-running my eight miles, I was left hot, sweaty, and a bit stressed out with all of the negativity. With gyms and fitness centers closed, I was forced to start running outdoors very early in the morning. What a delight! I often witness the sun breaking the horizon, wild turkeys sitting high up in a canyon pass, and, best of all, a soothing, almost meditative state of mindfulness as I immerse myself in nature. —*Roger Andersen Roseville, California*

Time with my daughter

My daughter started kindergarten this fall, but this spring I got to work one-on-one with her on her math, reading, writing, science, and social studies. We also built giant forts, played lots of games, solved many puzzles, and did a host of other things we wouldn't do on our normal schedule. I felt truly blessed to have been able to spend the time with her. —*Erika Ciavattone Chesterfield, Michigan*

Pages of memories

In the beginning of the -COVID-19 shutdown, I became so de-

pressed. I missed my activities, family, friends. Turning the television off, I pulled out shoebox upon shoebox and spent hours organizing photos. I reconnected with family members long gone, laughed over fun memories, revisited places traveled, shed tears at the losses, smiled at the blessings. And I created memory albums for each of my six grandchildren, from their birth to the present. With each photo, I could once again hold them in my arms, bake cookies, rejoice in their accomplishments, and feel the warmth of their hugs and kisses. —*Carol Murray Lowville, New York*

In remission

I'm no longer bald, and by the grace of God, I'm still here! In April 2019, I was diagnosed with cancer after a trip to the ER for extreme swelling and pain in my abdomen. To say I was shocked was an understatement. I was admitted to the hospital and shortly thereafter began chemo treatments for stage 2 diffuse large -B-cell lymphoma. My husband immediately stocked up on hand sanitizer, gloves, and toilet paper (you have to drink a lot of fluid when you are trying to flush the chemo from your system). Because of my compromised immune system, I also refrained from hugging and kissing friends and family and spent quite a bit of time alone. I finished treatment last August and have been in remission ever since. Little did I know that I was "in training" for COVID-19! —*Diana Bosse Loveland, Ohio*. Read these [click online link] [happy stories of puppies and kittens fostered during coronavirus.](#)

A new senior pup

My husband and I had talked about getting a dog when we retired and this seemed like the

right time. We found a cute seven-pound poodle-terrier mix named Coco at the shelter. The rescue representative kept stressing to me that she was a ten-year-old "senior" dog. My response was, "No problem. We're seniors too!" Now I have a happy reason to get out of bed every -morning at 6:30, when I take her for a walk. She is full of energy for a -senior. She makes us both laugh and has helped us find our smiles. —*Anne Chance Venice, Florida*

Sewing masks

The local craft store remained open during lockdown, and I was invited to take kits home to make masks for health-care workers. At first, I hesitated, since I don't own a sewing machine. But that did not stop me. From the middle of April until the middle of July, I made 42 masks, all sewn by hand. What a joy to do my part to support first responders. —*Kathleen Zurenko Daytona Beach, Florida*

Yard clean up

My yard has never looked any better than it does now. I spend part of the mornings outside every day! —*Sharon Devora Pipe Creek, Texas*

Neighborhood wave

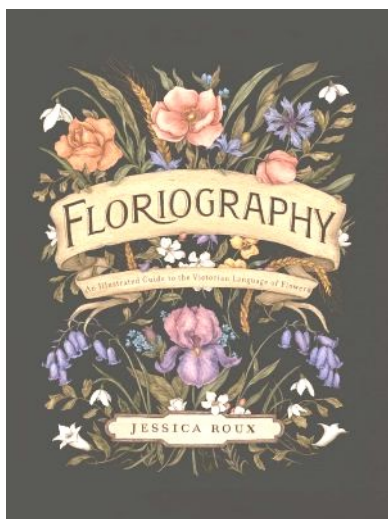
In most neighborhoods in Silicon Valley, everybody is busy, and our court is no exception. In the 20 years we've lived here, we've known our neighbors enough to wave as we drive in and out of our garages or walk the dogs. Everybody was friendly, only very busy with work and school. Then the quarantine began, and a few of us decided to meet each afternoon in the middle of the street for the five o'clock wave. Since then, just about everybody on the court comes out every afternoon

See Silver Linings on page 8

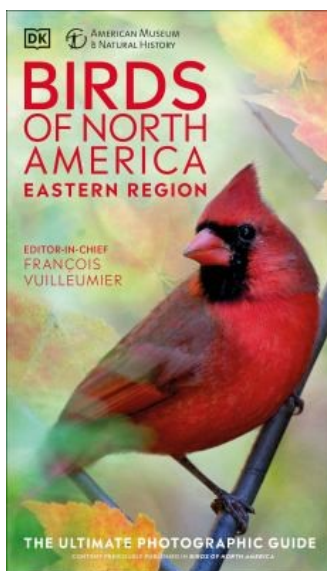
The numerous adventures of a friendly staff at a country veterinarian practice in 1930s to 1940s Yorkshire. (First broadcast in the U.S. as part of PBS's Masterpiece in 2021.)



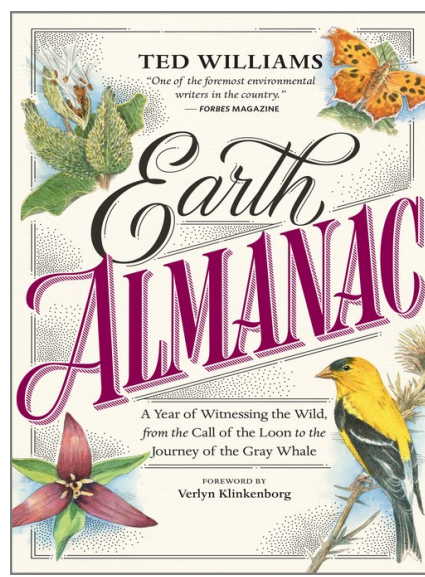
The Language of Flowers is a full-color guidebook to the historical uses and secret meanings behind an impressive array of flowers and herbs. Mysterious and playful, the language of flowers has roots in everything from the characteristics of the plant to its presence in folklore and history.



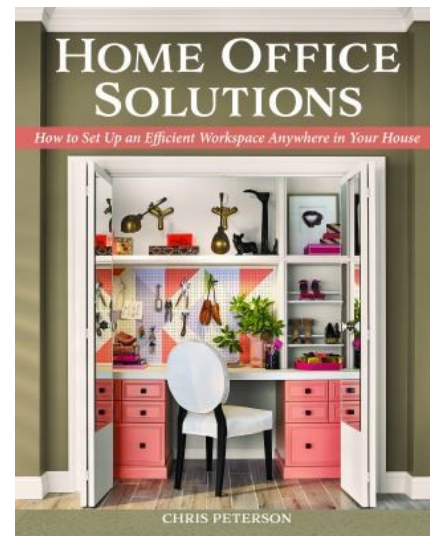
"This is the only photographic field guide you need to enjoy birdwatching in Eastern North America. The highest-quality photography brings nearly 500 species to life on the page."



"This collection of seasonal essays by nature writer Ted Williams combines in-depth information with evocative descriptions of nature's marvels and mysteries."



From a cozy corner to converting a shed or garage, create an efficient and attractive workspace where you can earn your living comfortably! Providing tips on home office ideas, space-efficient furniture, lighting, Wi-Fi, organization, and so much more. Also included is detailed advice on how to successfully work from home, plus the pros and cons of setting up a home office in different areas.



Aaron Pedersen returns as Detective Jay Swan in this mystery set in the Australian outback.

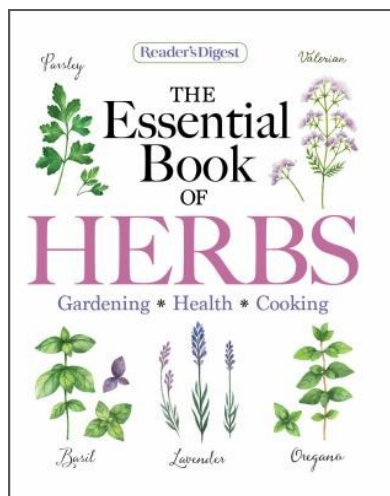


KEY

Book Audiobook eBook eAudiobook DVD



"Now you can discover the joy and pleasure of growing your own herbs—for spicing up meals, creating crafts, treating ailments, and more. In this comprehensive and beautifully illustrated herbal guide, you'll find information on their history, cultivation, propagation, and harvesting..."



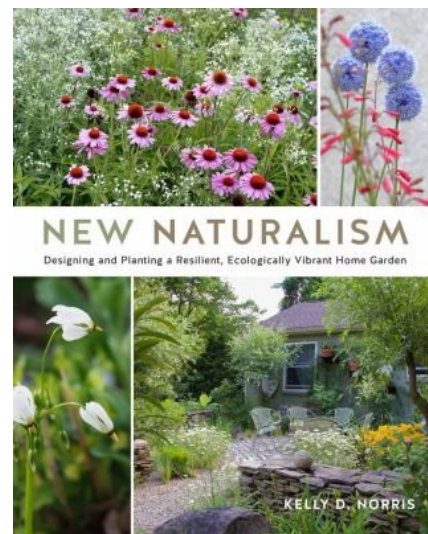
"In this in-depth guide, Niki Jabbour shows how to use small solutions like cloches, row covers, shade cloth, cold frames, and hoophouses, as well as larger protective structures like greenhouses and polytunnels, to create controlled growing spaces for vegetables to thrive."



"Heirlooms are more than just delicious ingredients or beautiful flowers—their seeds offer us a connection with the earth, and each one tells a story. Author and garden lecturer Ellen Ecker Ogden was inspired to preserve the diversity of plants that are slipping away after learning that we have lost over 85% of the plant world in the last century to extinction. In *The New Heirloom Garden*, Ogden inspires us with a history of seed saving in this country, then guides gardeners of all levels to create their own heirloom gardens with tangible gardening tips, twelve themed garden designs, and detailed resources. The first half of the book shares specific garden plans, plant keys and descriptions, plant and seed wish lists, interviews with gardening experts, and even tips and tricks to handle your own local weather. The second half of the book contains 55 recipes for delicious entrees, sides, drinks, and desserts that can be made from each vegetable, fruit, and flower grown in your garden."



"Naturalistic gardens increase biodiversity, provide refuge for wildlife, and are an essential keystone for reconnecting the human world to the natural one. Knowing how to create a lush, thriving, and ecologically vibrant landscape might seem intimidating and out of reach, but horticulturist Kelly Norris and *New Naturalism* are here to help you design and plant a stunning oasis of nature-inspired plantings that thrive."



Coming soon....

**Adaptive
Gardening
Tools
for
Check Out**

KEY

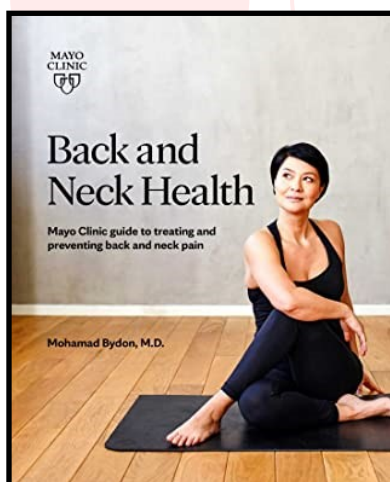
Book Audiobook eBook

eAudiobook



Book Spotlight—*Back and Neck Health*

Mayo Clinic Guide to Treating and Preventing Back and Neck Pain



Available at
www.rvl.info

The spine is one of the most important parts of the human body. And yet, studies suggest that, along with back pain, 10% to 30% of the adult population is impaired by neck pain, with seemingly minimal treatment options available.

If left untreated, back and neck pain can cause chronic discomfort while sitting, standing, and performing other daily activities. A study published in 2020 by the Journal of the American Medical Association found that low back pain and neck pain accounted for the highest amounts of spending by both private and public insurers. In fact, studies have found that back injury is the most common cause of job-related disability and is a leading contributor to missed days of work. However, many cases of back and neck pain can go undiagnosed and undertreated, leaving the patient to suffer in silence.

In the Mayo Clinic book *Back and Neck Health*, acclaimed neurosurgeon Mohamad Bydon, M.D., evaluates the primary back and neck conditions plaguing working adults today and identifies everyday actions that may exacerbate the pain. The book also outlines the variety of treatment options available to those living with chronic back and neck pain, including home treatments, physical therapy, interventional approaches, and different types of surgery. Finally, Dr. Bydon reviews specific lifestyle changes that can help patients improve and maintain good back and neck health as they age.

COVID-19 News—*Routine Medical Procedures & Screenings*

Most routine medical procedures or screenings can be performed before or after getting a COVID-19 vaccine, such as:

- Routine blood work
- Dental procedures
- CT scans (also known as CAT scans or computed tomography), with or without IV contrast dye
- EKGs (also known as ECGs or electrocardiograms)
- Cardiac stress tests (also known as exercise tolerance tests or treadmill tests), with or without radiographic dye
- Colonoscopies
- Ultrasounds

Talk to your doctor if you have any questions or concerns about getting vaccinated before or after routine medical procedures or screenings.

Mammograms

If you are due for a mammogram and have been recently vaccinated for COVID-19, ask your doctor how long you should wait after vaccination to get your mammogram. People who have received a COVID-19 vaccine can have swelling in the lymph nodes (lymphadenopathy) in the underarm near where they got the shot. This swelling is a normal sign that your body is building protection against COVID-19. However, it is possible that this swelling could cause a false reading on a mammogram. Some experts recommend getting your mammogram before being vaccinated or waiting four to six weeks after getting your vaccine.

Surgeries, Hospitalizations, or Anesthesia

If you have recently had surgery, been hospitalized, or had a procedure that required anesthesia, or if you have any of these events coming up, talk to our doctor about getting a COVID-19 vaccine. Your doctor will help you decide when to be vaccinated to make sure the benefits of vaccination outweigh potential risks.

Excerpted from [CDC](https://www.cdc.gov)

Keep Moving—*Health Coach Tip—Up Your Steps*

By Dawn Brighid



These days it seems like everyone is wearing a health tracker like Oura or Fitbit to help motivate them to move more, sleep better and even meditate daily. With all this newfound motivation and data available – do you still need ideas about *how* to make it happen? Have your steps been drastically reduced since the beginning of the pandemic?

Here are some simple tips to take more steps in a day, no matter what your goal is.

Always choose the longest route

Whether it's on your way to work or the grocery store, choose the longest and most scenic route there. Get off the subway a stop early. Park the car as far away as possible. Take the stairs, not the elevator. Working from home? Take a walk around the block before sitting down at your desk!

Stop ordering in

Instead of getting food delivered, take a walk to pick it up (more steps and gets you out of your house!). Take a brisk walk in the fresh air and add in a little extra loop on your way whenever you can.

Take calls on the go

Since many of us are working from home or catching up with friends and family on calls instead of in person – take them on the go! Hour long conference call? Put your headphones on and head out for a walk. Catching up with your best friend or mom every Tuesday afternoon? Stroll through your neighborhood, stay in touch with the outside world, and get more steps all at the same time.

Excerpted from <https://drfranklipman.com/2021/03/10/health-coach-tip-up-your-steps/>

A Little Humor

A grasshopper sits down at a bar. The bartender says, "We have a drink named after you!" The grasshopper replies, "Who names a drink 'Steve'?"

I went into a store to buy some books about turtles. "Hardbacks?" asked the shopkeeper. "Yes," I replied. "And they have little heads, too."

A man walks into a library and asks the librarian for books about paranoia. She whispers, "They're right behind you!"

What did the green grape say to the purple grape?
"Breathe, man! Breathe!"

What should you do if you're attacked by a group of clowns? Go straight for the juggler.

Have you heard about Murphy's Law? Yes. Anything that can go wrong will go wrong.
How about Cole's Law? No.
It's julienned cabbage in a creamy dressing.

I have all of Marie Kondo's books. Now I just need a way to organize them.

A cement mixer and a prison bus crashed on a highway. Police advise citizens to look out for a group of hardened criminals.

Which rock group has four guys who can't sing or play instruments? Mount Rushmore.

Never criticize someone until you have walked a mile in their shoes. That way, when you criticize them, you'll be a mile away, and you'll have their shoes.

To the guy who stole my antidepressants: I hope you're happy now.

A Little Bit Techie—*Searching by Series*

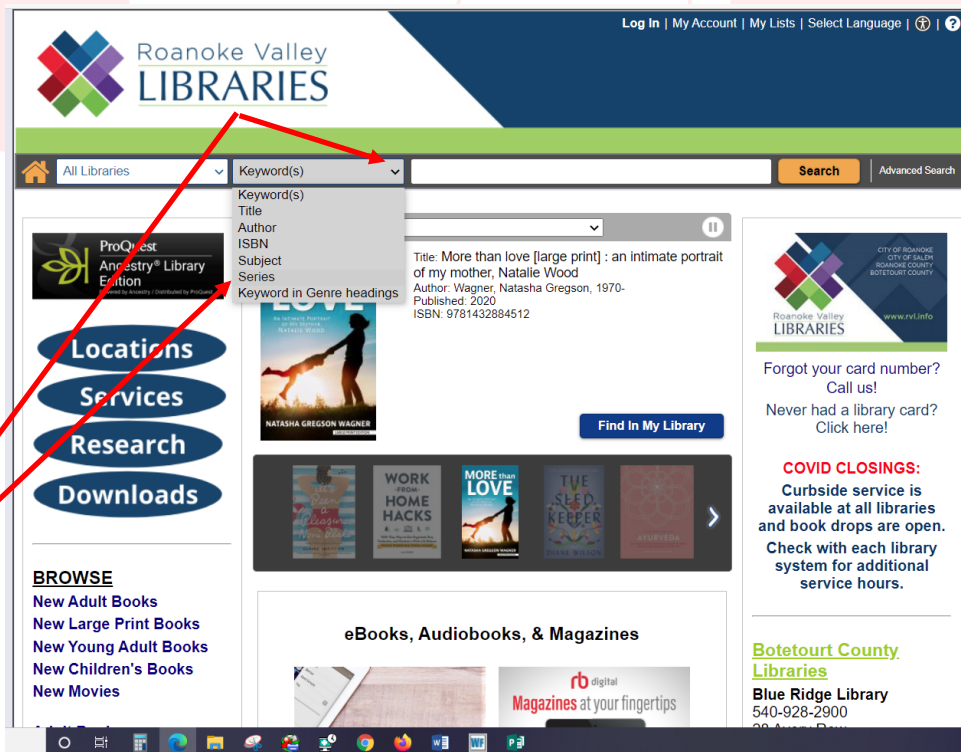
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Did you know you can search by series in the online catalog?

You can and it's easy!

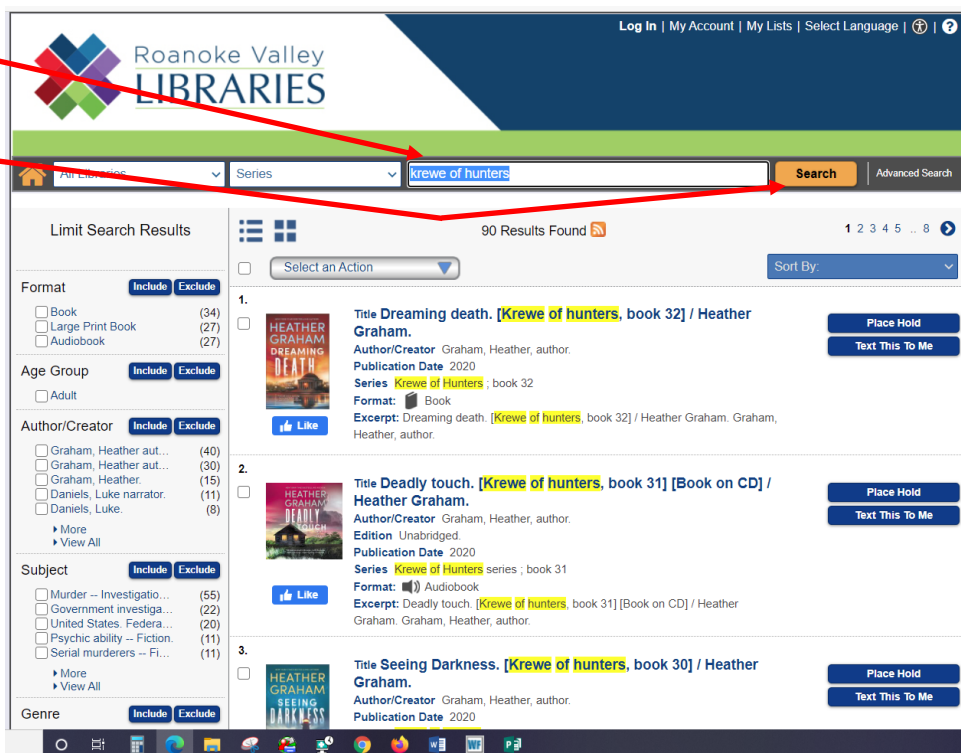
Enter www.rvl.info in your browser's search field and you will be directed to the Roanoke Valley Libraries Online Catalog.

In the field with "Keywords," click on the drop-down menu and select "Series."



Type in the name of the series you are looking for and click on "Search."

Your results will be displayed as shown in the image below.



Happy Searching!

*From the Salem Library Seed Library:
Vegetable and Flower Seeds Are Now Available In Our Lobby
More Varieties Coming Soon!*



Salem Public Library

28 E Main Street
Salem VA 24153

Phone: 540-375-3089

Fax: 540-389-7054

Email: library@salemva.gov

Website: [https://](https://www.salemva.gov/departments/salem-public-library)

[www.salemva.gov/](https://www.salemva.gov/departments/salem-public-library)

[departments/salem-public-library](https://www.salemva.gov/departments/salem-public-library)

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www.rvl.info

Roanoke Valley
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eBooks & eAudiobooks
rvl.overdrive.com

ABOUT THIS NEWSLETTER: This free, weekly (during the pandemic) newsletter is intended for people over 50 and their caregivers.

SUBSCRIPTION INFORMATION: If you would like to subscribe to our newsletter, please let us know by either:

- Calling the library between 10:00 a.m. and 4:00 p.m. each day OR
- Email us at library@salemva.gov OR
- Print copies will be available in our front lobby.

We will post a link on our [website home page](#) to view this newsletter online. Archived versions of the online version are posted on our website on the Adult Resources page.

LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

CONTACT-FREE PICKUP is available in our front lobby every day from 10:00 a.m. to 4:00 p.m. for picking up requested items. Please call before heading to the library so that we can check out your items to your account before you get here. Thank you!

LEAVE IT TO A LIBRARIAN For Adult Fiction: The library is closed and you don't want to spend hours browsing the online catalog? Call us, email us, or click the link on our website home page to give a hint or two (genre, authors you like). Tell us how many books you want. We'll fill a bag and leave it in the front foyer for you.

SOCIALIZE WITH US! ON FACEBOOK, GOODREADS, OR INSTAGRAM— Click on the icons near the bottom of our [website home page](#).

Silver Linings—continued from page 2

for casual conversation. Months later, we are no longer just neighbors but friends. We know about the children and how they are handling the loss of school. We know the neighbor who likes to bake bread. We know about the daughter who loves horses and the one who belongs to a cheer team. We have watched the baby grow into a toddler. Best of all, we know we can count on each other in time of need. That is a comfort in this difficult time. —Cathy Kordsmeier Los Altos, California. Check out these [click online link] [extraordinary ways kids are giving us hope in the time of the coronavirus](#).

New life in the yard

Because I have been at home 24/7, I watched a pair of barn swallows raise their young on my front porch. Although this may not

sound like much, I watched the entire process, from the parents selecting a place to build two side-by-side intricate mud nests (where I could easily see them through my front window), to their laying and hatching the eggs, feeding the young babies, raising them to maturity, and very patiently teaching them to fly on the porch (with the aid of the porch light to land on). I then watched them fly around the yard in a larger area -every day and return to the nests -every night to sleep -together—at least for the first week. The mother and father bird were amazingly attentive parents. These birds have been a highlight of my year. —Wynne Smith Spartanburg, South Carolina

Closer to my husband

My husband has been retired a while, and I retired in October 2018. We love each other, but we are quite independent, with our

own interests and schedules, so when the lockdowns began, I wasn't sure what to expect. The pandemic has been heartbreaking for those who've lost loved ones or jobs. But our silver lining is that my husband and I have grown closer than ever through this time of isolation. We encourage each other whenever one of us begins feeling discouraged. We stay engaged with family and friends, whether through digital connections or socially distanced encounters. Our love for each other—our appreciation for each other—has continued to grow during this unusual year, and that's something for which I am deeply grateful. —Mindi McKenna Kansas City, Missouri. Don't forget to take a look at these [click online link] [moving photos of kindness in the time of coronavirus](#). □

Excerpted from [People Share the Silver Linings They Found Amid a Pandemic | Reader's Digest \(rd.com\)](#)